

## Farmers Market Fresh

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### Carrot Leek Soup

#### *Ingredients:*

1 medium leek, thinly sliced and soaked in water to clean  
4 teaspoons butter  
6 medium carrots, sliced  
2 medium potatoes, peeled and cubed  
3 cans (14-1/2 ounces each) low sodium chicken broth  
2 cups skim milk  
1/8 teaspoon pepper

Serves 6



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.  
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## *Directions:*

1. In a large saucepan, sauté leek in butter until tender.
2. Add carrots, potatoes and broth; bring to a boil.
3. Reduce heat; cover and simmer until vegetables are tender.
4. Remove vegetables from heat and put into a blender or food processor.
5. Add enough cooking liquid to cover, blend until smooth and return to pan.
6. Stir in milk and pepper and heat through.

*This recipe was modified from Cooperative Extension: The University of Maine.*

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